



PSYCHOSOCIAL SUPPORT for WSHOs

Learn to:

- Identify distress and manage stress responses
- Provide immediate emotional support to distressed individuals
- Use active listening empathetic responses to de-escalate tense situations
- Integrate mental wellbeing into workplace safety



Duration: 6.5 hours



Mode of delivery: Physical or online



Group size: 10 to 30 pax



Pre-requisites: 16 years old and above

Provide timely and appropriate
psychological support to employees

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Course Description:

The Psychosocial Support(PSS) course equips safety officers with essential skills to support individuals facing workplace stress, accidents, or crises. Key topics include recognizing common signs and symptoms of stress, applying coping strategies, and using effective communication techniques in high-risk environments.



Module 1: Introduction to Mental Health

01

Understand the importance of PFA and how a Psychological First Aid provider can help a distressed individual



Module 2: Understanding Crisis & Stress

02

Explain the concepts of crisis and stress and how it may affect an individual's mental health



Module 3: Self-Care & Social Support

03

Explore different types of self-care and learn the characteristics of social support



Module 4: Introduction to Psychological First Aid (PFA)

04

Learn how to apply PFA support in different context through role play and case studies